

The Benefits of Regular Exercise

#				EXAMPLE
1	regular <i>adjective</i>	muntazam	регулярный	Regular exercise keeps your heart healthy.
2	matter <i>verb</i>	ahamiyatga ega bo'lmoq	иметь значение	It doesn't matter if you make mistakes.
3	active <i>adjective</i>	faol	активный	My grandmother is still very active at 80.
4	benefit <i>noun</i>	foyda	польза, преимущество	Swimming has many health benefits .
5	strong <i>adjective</i>	kuchli	сильный	You need strong legs to climb mountains.
6	muscle <i>noun</i>	mushak	мышца	I pulled a muscle playing football.
7	bone <i>noun</i>	suyak	кость	Milk is good for your bones .
8	maintain <i>verb</i>	saqlab turmoq	поддерживать, сохранять	It's hard to maintain a healthy diet when you're busy.
9	weight <i>noun</i>	vazn	вес	He lost a lot of weight after he started running.
10	burn <i>verb</i>	yoqmoq (kaloriya)	сжигать	A one-hour walk burns about 300 calories.
11	calorie <i>noun</i>	kaloriya	калория	Fizzy drinks are full of calories .
12	improve <i>verb</i>	yaxshilamoq	улучшать	Reading helps improve your spelling.
13	energy <i>noun</i>	energiya	энергия	I have more energy in the morning.
14	regularly <i>adverb</i>	muntazam ravishda	регулярно	I regularly check my emails.
15	suffer (from) <i>verb</i>	(...dan) aziyat chekmoq	страдать (от)	Millions of people suffer from back pain.
16	heart disease <i>noun</i>	yurak kasalligi	болезнь сердца	Smoking increases the risk of heart disease .
17	diabetes <i>noun</i>	qandli diabet	диабет	Too much sugar can lead to diabetes .
18	blood pressure <i>noun</i>	qon bosimi	кровенное давление	The nurse checked my blood pressure .
19	mental health <i>noun</i>	ruhiy salomatlik	психическое здоровье	Talking to friends is good for your mental health .
20	release <i>verb</i>	ajratib chiqarmoq	выделять, выпускать	The body releases hormones when we are stressed.
21	chemical <i>noun</i>	kimyoviy modda	химическое вещество	Some cleaning products contain dangerous chemicals .
22	endorphin <i>noun</i>	endorfin (baxt gormoni)	эндорфин	Running releases endorphins , which make you feel happy.
23	relaxed <i>adjective</i>	xotirjam	расслабленный	I always feel relaxed after a hot shower.
24	reduce <i>verb</i>	kamaytirmoq	снижать	Yoga reduces stress.
25	memory <i>noun</i>	xotira	память	Sleep helps your memory .
26	concentration <i>noun</i>	diqqat	концентрация	Coffee helps my concentration in the morning.
27	focus <i>verb</i>	e'tibor qaratmoq	сосредоточиться	I can't focus when my phone keeps ringing.

28	social <i>adjective</i>	ijtimoiy	социальный	Humans are social animals.
29	fitness <i>noun</i>	jismoniy tayyorgarlik, fitnes	физическая форма, фитнес	She goes to fitness classes three times a week.
30	feeling <i>noun</i>	his-tuyg'u	чувство	It's important to talk about your feelings .
31	loneliness <i>noun</i>	yolg'izlik	одиночество	Many old people suffer from loneliness .
32	sense <i>noun</i>	tuyg'u, his	чувство	Volunteering gives me a sense of purpose.
33	community <i>noun</i>	jamo'a, hamjamiyat	сообщество	There's a strong sense of community in our mahalla.
34	difficult <i>adjective</i>	qiyin	трудный	It's difficult to wake up early in winter.
35	expensive <i>adjective</i>	qimmat	дорогой	Gym memberships can be expensive .
36	gardening <i>noun</i>	bog'dorchilik	садоводство	My father spends his weekends gardening .
37	key <i>noun</i>	kalit, asosiy omil	ключ, главное	The key to success is practice.
38	enjoy <i>verb</i>	zavqlanmoq	наслаждаться	I really enjoy cooking for my family.
39	routine <i>noun</i>	kundalik tartib	распорядок дня	Exercise is part of my morning routine .
40	fully <i>adverb</i>	to'liq	полностью	I fully understand your point of view.

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